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# DIOR DOMINATES

**PARIS COUTURE REPORT** metroLIFE

Vancouver metro

Your essential daily news | THURSDAY, JULY 9, 2015 | High 24°C/Low 17°C Sunny!

**PHILOSOPHER CAT PONDERS THE GREEK FINANCIAL CRISIS**
metroVIEWS

## FINGERS CROSSED

**Environment Canada says cooler temperatures — and possibly even some rain — are on the way.**
metroNEWS

JENNIFER GAUTHIER/METRO FILE

# Rescued bear cubs still in limbo

WILDLIFE

## Orphaned pair became world famous when saved by officer

Two orphaned black bear cubs that owe their lives to a Vancouver Island conservation officer who refused orders to kill the brother and sister still face an uncertain future.

The cubs, named Athena and Jordan, sat in the corner of a holding pen on Wednesday at the North Island Wildlife Recovery Association awaiting their fate, which could involve rehabilitation, release or euthanasia.

Insp. Chris Doyle of the British Columbia Conservation Officer Service said the cubs' future remains unclear because when wild animals — even very young ones — get close to humans they become habituated.

"Obviously, the preference is to keep the bears alive and wild and to prevent conflicts from happening in the first place," he said. "Communities, businesses and residents need to do their part to keep bears wild. It's a horrible situation to have to put down an animal of any kind. The public, generally, does not want to see that happen. Nobody wants to see it happen."

The cubs were orphaned when their mother was killed after breaking into a meat freezer inside a mobile home in Port Hardy on northern Vancouver Island.

The photogenic pair, believed to be about five months old, has since gained international attention when it was reported that conservation officer Bryce Casavant was suspended for refusing an order to destroy the cubs last weekend.

Robin Campbell, a spokesman for the centre where the bears are being held, said Casavant's actions were heroic and called for the officer to be immediately reinstated.

About 50,000 people have signed an online petition asking that Casavant be reinstated.

THE CANADIAN PRESS

**Cubs Athena and Jordan look on from their enclosure in Errington on Wednesday.** CHAD HIPOLITO /THE CANADIAN PRESS

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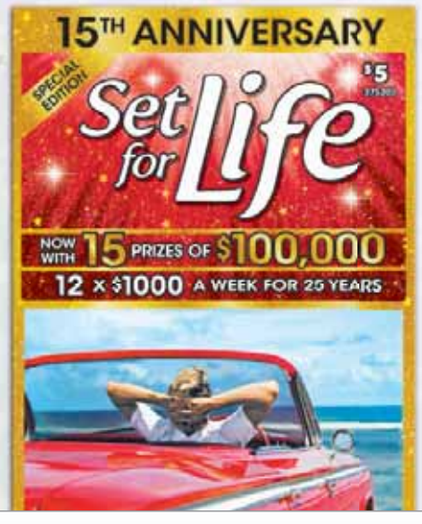


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Your essential daily news

Fitness trackers don't have staying power. **Business**

# Homebuyers rush for multi-million-dollar digs

REAL ESTATE

## Properties are selling faster and at higher price points

**Emily Jackson**
Metro | Vancouver

The #donthave1million crowd isn't the only group panicking about finding a home in Vancouver.

Rich people snapped up luxury properties in Vancouver at a frenetic pace, at higher prices and in larger quantities in the first half of 2015 despite warnings that the real estate market will cool, according to a Sotheby's International Realty Canada report released Thursday.

A total of 2,465 properties valued at over $1 million sold in the period, a 48 per cent increase from this time last year.

"There's a sentiment in the market place now, it's almost fear," CEO Ross McCredie said in an interview. "It's if you're not in the market, it's going to be very difficult to get into the market."

The city's market is so hot a single-family home is no longer considered a luxury property unless it starts at $3.5-$4 million, twice as high as the standard in Toronto, according to the report. (The benchmark used to be $1 million, but that's now the average price of detached houses in the city.)

**A penthouse for sale for $8.8 million at 1717 Bayshore Dr. in Downtown Vancouver.**
COURTESY OF SOTHEBY'S INTERNATIONAL REALTY CANADA

Sales in this category rose 71 per cent.

Demand is especially high in the single-family home market, where even homes over $4 million are attracting an increased number of bids and offers over asking price, McCredie said. Condos, attached and detached homes are spending less time on the market, with properties priced between $1 million and $2 million selling the fastest in 25 days, down from 40 at this time last year.

> **Everybody out there keeps telling us... that our real estate market is going to have a major correction.**
> Sotheby's International Realty Canada CEO Ross McCredie

McCredie was surprised to see the high increase in sales volumes "despite the fact that everybody out there keeps telling us, including the Bank of Canada, that our real estate market is going to have a major correction."

He credits Vancouver's appeal as an "urban resort" for rich Canadians and foreigners.

"They're wealthy people, they want to live here, they don't care what they pay…

They're buying it because they want to buy it," he said.

Those who scour Craigslist ads and compete with 20 others to rent $1,200-per-month apartments, may feel there are few silver linings as the upper end of the real estate market soars out of reach.

But McCredie argues the rising tide brings benefits to the economy for people cashing out on homes they purchased long ago and because new owners tend to spend a lot of money on renovations, a boon for contractors.

Regardless, the report provides insight that no one seems to believe the warnings that a bust is coming, McCredie said.

KAMLOOPS

## Panel: Dentist did harm

A British Columbia dental surgeon failed to properly monitor a young patient who went into cardiac arrest and suffered severe brain damage, the province's regulatory authority for dentists has ruled.

A discipline panel of the College of Dental Surgeons of B.C. said in a written decision that Dr. Bobby Rishiraj provided deep sedation using three drugs without being approved to perform such a procedure.

The patient identified only as HZ went to the Kamloops Oral Surgery and Implant Centre in November 2012 to have her wisdom teeth removed, the college said.

It said that a monitor showed HZ was experiencing significant cardiac trouble but Rishiraj continued extracting a tooth and that even when he took action, it was inadequate for a patient who had no pulse.

A certified dental assistant asked if she should start CPR, and Rishiraj told her to go ahead while instructing another assistant to call 911 and bring in equipment so he could ventilate HZ. But she had trouble finding it, the decision said.

When it was located, it did not fit HZ properly and "he did not hook it up to an oxygen source" and did not administer the drug epinephrine, which was later given to the patient by ambulance attendants, the college said.

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# Weather relief on way for smoked-out Vancouver

ENVIRONMENT CANADA

## Forecast of rain should help lift air quality advisory

Matt Kieltyka
Metro | Vancouver

You don't see Vancouverites beg for rain often, but their prayers may soon be answered.

Environment Canada says a change is coming, bringing with it cooler temperatures, winds capable of blowing away the forest fire smoke lingering over the region east and possible rain to alleviate tinder dry conditions as early as Sunday.

"It's a return to the typical or normal weather we see in July," said Environment Canada meteorologist Lisa Coldwell. "It is ironic Vancouverites are wishing for rain, but we are going to see a total change in the weather pattern."

Coldwell forecasts a 60 per cent chance of showers starting Sunday evening, and said the temperature will hover around the low 20s for the majority of the week.

The new weather pattern should help dissipate the haze that triggered an air quality advisory this week, which remains in effect, and blow the smoke east of the region.

Vancouver Coastal Health says a dozen Sea to Sky residents — where air quality is worst — have been treated for mild respiratory symptoms.

The air quality advisory will remain in effect until the weather changes, the Metro Vancouver regional district says.

**The ongoing hot, dry weather has seen Vancouver Fire and Rescue Services step up patrols in Stanley Park.** KATE WEBB/METRO

Until then, municipalities are ramping up their enforcement efforts in a bid to stave off major fires while conditions remain hot and dry.

North Vancouver RCMP said crews were lucky to respond quickly and avoid potential disaster after 10 grass fires were deliberately set along a trail in Hastings Creek.

Police say the fires were set directly behind local homes that back onto forest and that it had the potential to spread quickly.

> **When conditions are this dry, any fire can escalate real quick.**
> Capt. Jonathan Gormick

"With the extremely hot dry conditions we are experience right now, public safety is paramount for everyone," reads the RCMP release, which states investigators are working with the fire department to track down the suspected arsonist.

Vancouver Fire and Rescue Services announced Wednesday it will step up patrols at areas such as Stanley Park and Pacific Spirit Park and, if need be, enforce anti-smoking bylaws.

Capt. Jonathan Gormick said the biggest fear concerning possible fires at city parks is from people discarding lit cigarettes. Regardless of the smoking bylaws in place at Vancouver parks, Gormick urges people to use "common sense" around fire prevention.

"When conditions are this dry, any fire can escalate real quick," he said.

The public shouldn't hesitate contacting authorities if they spot of serious fire risk, Gormick added.

DANGEROUS GAME

## Premier likens fire fight to chess

Firefighters battling the flames in British Columbia's forests are playing a dangerous game with an opponent that doesn't play by the rules, said Premier Christy Clark.

The premier was in Pemberton, on Wednesday, east of the Elaho blaze. The fire, at 20,000 hectares, is one of the largest in the province and B.C.'s Wildfire Service said it is burning uncontained because it's generating too much smoke for aircraft to fight.

Fire information officer Kevin Skrepnek said about 190 wildfires are burning around the province, 31 of those started on Tuesday alone.

Clark told reporters the government will spend what's needed to fight the flames and call upon the necessary resources, even if that means going around the world.

"You know I was saying to one of the guys, 'fighting fires, fighting these kinds of fires is like playing a chess game,'" she said.

"'You've got to figure out the people that you need, the resources that you need, have them deployed in the right spot. The difference is, when you are playing a chess game with a forest fire, your opponent cheats. They don't play by the rules and that's the problem that these brave men and women are facing every day.'"

Clark also referred to the three-square-kilometre fire burning north of the Sunshine Coast community of Sechelt that claimed the life of a 60-year-old man on Sunday. Logger John Phare was struck and killed by a falling tree.

"We should all be really grateful for what they are doing," she said of the firefighters. "They're very much in harms way ... and they're doing that for all of us."

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# Music festival season kicks off

BACKSTAGE PASS

## Summer events to suit many musical tastes

**Graeme McRanor**
Metro | Vancouver

Festival season is upon us. You've got your Squamish, your Pemberton, Indian Summer, Harmony, Burnaby Blues — the list goes on.

Let's start the season with the 38th annual Vancouver Folk Music Festival, which runs July 17-19 at Jericho Beach Park (Pemby fest is slated for same weekend).

This year's festival features, as usual, a lengthy list of performers on seven beachfront stages, including Frazey Ford, Said the Whale, Hawksley Workman, Richard Thompson, Melbourne Ska Orchestra, Adam Cohen, I'm With Her, Basia Bulat, Blind Pilot, Trampled by Turtles, Bassekou Kouyaté & Ngoni Ba, Lucious, Phosphorescent, Angélique Kidjo, and many more. There's also an Artisan Market, a beer garden and the Little Folks Village (Friday 2pm-5pm; Saturday/Sunday 10 a.m. – 5 p.m.) located by Stage 1 that features Christa, The Nylon Zoo, the Arts Umbrella, and more. Kids under 12 get into the festival free when accompanied by a paying adult.

**Said the Whale are among the artists at this year's Vancouver Folk Music Fesitval.** SUBMITTED

### VIFF HITS SOME HIGH NOTES

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### PEMBERTON

**Pemberton Festival has released its daily lineups. Here's a sampling:**

Wednesday, July 15: Sam Roberts Band, THE GLORIOUS SONS, BASECAMP, The Will Ross Band

Thursday, July 16: J. Cole, BASSNECTAR, Billy Talent, Sam Roberts Band, The War on Drugs

Friday, July 17: The Black Keys, Tiësto, Kid Cudi, Passion Pit, BANKS, and Galactic featuring Macy Gray

Saturday, July 18: Weezer, Broken Social Scene, Alice Cooper, Ludacris, Chromeo, De La Soul, and Paul Oakenfold.

Sunday, July 19: Kendrick Lamar, Missy Elliott, Chvrches, DAN MANGAN + BLACKSMITH, Tobias Jesso Jr, and Full Flex Express featuring Jack Ü (Skrillex + Diplo), ZEDS DEAD, A$AP Ferg, Tycho

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# Wildfires won't put stop to Pemberton Music Fest

HEALTH

## Officials urge the vulnerable to reconsider attending shows

Thandi Fletcher
Metro | Vancouver

Concertgoers at the Pemberton Music Festival grounds in 2014. Wildfires near the Pemberton site this year have prompted a local health authority to warn anyone with underlying health conditions going to this year's festival about the air quality.
JENNIFER GAUTHIER/FOR METRO

As thick smoke from nearby forest fires continues to blanket the Sea-to-Sky corridor, organizers of the Pemberton Music Festival say next weekend's four-day music event will proceed as planned.

In a news release Wednesday, festival organizers HUKA Entertainment said they had met with local government officials in Pemberton and Squamish-Lilloet and senior staff from the Lil'wat Nation, who all agreed the wildfire situation does not warrant cancellation of the event, which takes place July 16 to 19 at the base of Mt. Currie.

Still, organizers said air quality continues to be a concern in the region.

Dr. Paul Martiquet, medical health officer for Vancouver Coastal Health, said the health authority is asking anyone with underlying medical conditions such as diabetes or lung or heart disease to reconsider going to the festival.

"If I were an asthmatic, I would think twice about it," he said. "If you have a slight touch of asthma, I would consider twice about dancing your heart out."

About a dozen people have been treated at Squamish, Whistler and Pemberton for mild respiratory symptoms, such as a sore throat and shortness of breath.

Although air quality improved slightly overnight Tuesday in Whistler and Pemberton, it was considered worse in Squamish on Wednesday.

Martiquet said the Sea-to-Sky corridor is experiencing lower temperatures and slightly improved air quality in some areas compared to previous days.

"But who knows what it's going to be next Thursday when the shows start," he said.

If festival-goers stay cool, hydrated and don't overexert themselves, Martiquet said, they should be fine.

However, for someone with an underlying respiratory condition, exposure to smoke can lead to serious consequences including a heart attack.

"I think people have to act accordingly," he said. "If you're experiencing symptoms walking up the stairs even in Vancouver, then it's probably not a good idea to go to the Pemberton Music Festival."

> **If you have a slight touch of asthma, I would consider twice about dancing your heart out.**
> Dr. Paul Martiquet, Vancouver Coastal Health

HEALTH

## Beware of drugs and heat: Coroner

The BC Coroners Service is warning against the dangers of party drugs and extreme heat as summer music festival season gets underway.

With the Bass Coast electronic music festival this weekend in Merritt, followed by the Pemberton Music Festival next weekend, coroner Barb McLintock urged concertgoers to practice safe drug consumption.

"You have to understand that drug dealers are not good people to trust," she said. "Even if you think you know what you're taking, they might be wrong; you might be wrong."

With many music festivals being held in open fields where there is little shade available to escape the scorching temperatures, McLintock said concertgoers also need to be aware of the signs of sunstroke and heatstroke.

The warning comes following the death of University of B.C. student Vivek Pandher, who fell ill at a music festival at the George Amphitheatre.

Pandher, 22, was found unresponsive at the festival and died Sunday at Vancouver General Hospital.

A cause of death has not yet been determined, but McLintock said coroners are looking at heat, hyperthermia and other factors like drugs.

Deaths and overdoses are becoming an increasingly common occurrence at music festivals.

At last summer's Boonstock Music Festival, 90 concertgoers had to be hospitalized and one person died from a suspected overdose.

Nick Phongsavath, 21, of Regina was found dead at the Pemberton Music Festival last July.
THANDI FLETCHER/METRO

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MARIJUANA

# Medicinal weed laws include oil and buds

Health Canada revised its medical marijuana guidelines Wednesday, a month after the Supreme Court of Canada struck down limits on what constitutes legally acceptable products.

The new exemption under the Controlled Drugs and Substances Act allows licensed products to now produce and sell cannabis oil and fresh marijuana buds and leaves, in addition to dried marijuana.

Edible products, the source of much contention in Vancouver, where the city has banned them under its new dispensary permitting process, are not exempt under the act.

Dispensary owner and Vancouver marijuana activist Dana Larsen said the guidelines don't go far enough and criticized the federal government's stance against medical marijuana.

"It's the typical Health Canada response, doing the absolute minimum to comply with a court decision," said Larsen.

Larsen said that given the city's rules on marijuana dispensaries are already in line with the new Health Canada guidelines, he doesn't expect much change in Vancouver.

According to an Insights West poll released this week, 67 per cent of British Columbians agree with Vancouver's decisions to regulate dispensaries — the first municipal action of its kind in Canada.

The same percentage of respondents also supports legalization of marijuana in Canada.

MATT KIELTYKA/METRO WITH FILES FROM THE CANADIAN PRESS

LAW ENFORCEMENT

# RCMP short on language experts

The RCMP is so lacking in translation resources that the United States is offering to send in help, a lawyer for the man at the centre of an alleged spying scandal told a B.C. Supreme Court.

Greg DelBigio said Wednesday that the Mounties' shortcomings should prompt an indefinite postponement of his client's extradition to the United States.

The U.S. Department of Justice accuses Su Bin of masterminding a plot to swipe confidential information from several American defence contractors, including Boeing and Lockheed Martin, to sell the secrets to the Chinese government.

DelBigio told the hearing that a shortage of RCMP resources is causing delays in translating information written in a foreign language from computers and other electronics confiscated from accused hacker Su following his arrest in June 2014.

"If the RCMP resources had been different from what they are — meaning if they had more people who had the both technical and linguistic skills — I would now have in my possession the data which had been seized," said DelBigio.

The FBI alleges Su directed the pair to illegally access Boeing's computers in California to obtain information about the aircraft company's military projects, including detailed diagrams and flight-test documents of the C-17 transport jet, as well as the F-22 and F-35.

THE CANADIAN PRESS

## IN BRIEF

**Police seek Irish tourists for info on deadly crash**

RCMP in British Columbia hope to speak to three visitors from Cork, Ireland, as the Mounties investigate a deadly accident north of Vancouver.

Police say the Irish visitors were vacationing in the province on May 31, and were on the Duffey Lake Road, driving from Whistler to Sun Peaks, when they arrived at the scene of a crash that killed three people.

An RCMP release says the three tourists stopped their black Jeep Cherokee to help.

THE CANADIAN PRESS

**VCC instructor named Master Chef**

A Vancouver Community College culinary instructor has become the country's second Certified Master Chef, the school announced Wednesday.

Tobias MacDonald, a renowned chef who has captained Canada in several prestigious international competitions, was granted the distinction after completing an intensive two-year program developed by leading industry chefs across North America and Humber College's culinary school.

MATT KIELTYKA/METRO

Vancouver Mayor Gregor Robertson speaks to media outside City Hall in 2014. JENNIFER GAUTHIER/METRO FILE

# City employees to earn living wage

COST OF LIVING

## Council votes to pay staff enough to make ends meet

Emily Jackson
Metro | Vancouver

The City of Vancouver will take steps to become a living-wage employer after a unanimous vote by city council on Wednesday.

Councillors from all parties supported Mayor Gregor Robertson's motion to ensure the city pays its employees enough to meet basic needs including rent, food and transportation. That's estimated to be $20.68 per hour in Metro Vancouver.

It shouldn't make much of a dent in the city's budget since the "vast majority" of city employees already make well over that amount, according to the city manager, but the mayor argued adopting the living wage is a "practical response" to deal with rising costs and stagnant incomes.

"It feels like there's real momentum now to deal with inequality and poverty in a country as prosperous as Canada," Robertson said.

He also called on the province to raise the minimum wage to $15 per hour and to increase welfare rates, which have been stagnant for eight years despite soaring costs.

The motion was passed after speakers told councillors their stories of struggling to get by on less than the living wage.

Mary Lyn with the Hospital Employee's Union revealed how challenging it is to support her and her 17-year-old son on her $15.35 per hour wage. She works in Vancouver but lives in Surrey where the rent is more affordable. She pays $170 for a monthly three-zone bus pass and $240 for cabs home from the bus stop since it's not safe to walk in her neighbourhood at 1 a.m. when her shift is over.

> **"If I earned a living wage, I wouldn't have to worry about my son going through school."**
> Mary Lyn

"If I earned a living wage, I wouldn't have to worry about my son going through school," she said, commending Vancouver for acting as a role model. "Many of my coworkers are in a similar situation as me."

Vania Tse, a part-time employee at the Vancouver Public Library, said that living wage isn't enough for vacations or piano lessons, but enough to pack a lunch for your child and keep a roof over their head. Tse, who formerly earned less than the living wage, recalls not being able to buy groceries and having to cut back on volunteer hours (she and her dog are a St. John Ambulance pet therapy team) to make ends meet.

"These are nitty-gritty realities, not just numbers on a page," she said.

Vancouver will join more than 100 municipalities in the United States and 20 in the United Kingdom as living wage employers. It's following in the footsteps of the City of New Westminster, which became Canada's first living wage municipality in 2010.

PUBLIC HEALTH

# City wants to help residents be healthy

The City of Vancouver is working on ways to make residents healthier — and no, that doesn't mean it's buying everyone a fitness centre pass.

"We are renowned for our physical activity, our recreation, we're deemed the most walkable city in Canada and we are a diverse and vibrant population," city director of social policy Mary Clare Zak told council on Wednesday.

But there is room for improvement, Zak said, as the city is also known for its deep poverty in the Downtown Eastside, unaffordability and loneliness.

She outlined 19 actions the city can take over a four-year period to promote the healthy city strategy, noting that 75 per cent of a person's health is determined outside the health care system.

Quick starts include providing 1,300 daily breakfasts for schoolchildren to ensure children are ready to learn, implementing 23 recommendations from the mayor's task force on mental health and addiction, and developing the Vancouver Summer of Learning program.

Long-term goals include getting more people to use active transportation, embracing the sharing economy and increasing residents' sense of safety.

EMILY JACKSON/METRO

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## BIO

**Toronto 2015 will be Adam van Koeverden's first appearance at the Pan Am Games. He is scheduled to race in the K-1 (single kayak ) 1,000-metre race.**

**Born:** Toronto, Ont., January 29, 1982

**Educated:** McMaster University (honours bachelor of science in kinesiology), 2007

**Olympic Medals:**
**Gold:** K-1,500 metres, Athens 2004
**Silver:** K-1,500 metres, Beijing 2008; K-1 1,000 metres, London 2012
**Bronze:** K-1 1,000 metres, Athens 2004

**World Championship medals:**
**Gold:** K-1, 500 metres, 2007; K-1 1,000 metres, 2011
**Silver:** K-1 1,000 metres, 2003; K-1 1,000 metres, 2005; K-1 1,000 metres, 2007
**Bronze:** K-1 ,500 metres, 2005; K-1 1,000 metres, 2009; K-1,500 metres, 2010

**FAVOURITE FOR GOLD**
Unlike a lot of sports that are dominated by Americans, van Koeverden's biggest competitors are European — and they're are not in the Pan Am Games.

**Adam van Koeverden at the Burloak Canoe Club, Oakville, Ont., on July 2.** LIZ BEDDALL/METRO

LIZ BEDDALL/METRO

## METROTALKS ADAM VAN KOEVERDEN

In the latest of a series of conversations with influencers, we visit with the **champion kayaker** before the Pan Am Games

# HIGH HOPES FOR HOMETOWN HERO

**Gilbert Ngabo**
Metro | Toronto

Adam van Koeverden is excited that the 2015 Pan Am Games have come to Toronto — and not just because of the competition.

When Metro paid a visit to the star kayaker's morning training session at the Burloak Canoe Club in Oakville, Ont., a little over a week before the Games' official kickoff, the Toronto native said he's already thinking about the Games' enduring legacy.

As a two-time world champion four-time Olympic medallist (yes, there's a gold in there), he knows from experience that major sporting events are bigger than sports. When China hosted the 2008 Olympics, where he won a silver medal in K-1 (single kayaker) 500-metre event, the hot topic was the country's human-rights record. It was "a good thing" that the world talked about those issues because of the Games, he said.

The Greater Toronto Area might not have that kind of reputation to contend with, but, van Koeverden said, the Pan Am Games is an opportunity to improve infrastructure, city planning, traffic and transportation issues — and not just in Toronto proper, either.

"You can call these the Golden Horseshoe Games," he said. "They benefit the entire region. It's what made the original bid so attractive. When you get an Olympics or the Pan Am Games, all of the issues that were on the back burner get done."

Citing the recent completion of an express rail line between Toronto's Pearson Airport and downtown's Union Station as a case in point, van Koeverden also mentioned the two most pressing transit issues in Toronto: Expansion of the city's subway system and modernization of the elevated Gardiner Expressway.

"If we get the Olympics, guess what? I bet they're done. That's what it takes — something; a deadline."

Van Koeverden has high hopes for his hometown.

Citing, with evident pride, the city's multicultural composition, he said he would like his sports peers to get out of the athletes' villages and experience the wider city.

"I think one of our greatest assets is our neighbourhoods," he said. "When my Romanian friend visited I took him to Spadina for soba noodles.

"A Romanian, in Chinatown, for Japanese noodles. That's Toronto."

> **"I hope that after the opening ceremonies the city erupts.**
> Adam van Koeverden

# How a gold-medal kayaker trains

**Fernando Carneiro**
Metro | Toronto

Two weeks before competition Adam van Koeverden went to a bar. He had a soda and left at 9:30 p.m.

Practice isn't everything, he says. Recovery is just as important.

"It's something people don't recognize — training breaks down your body. Rest builds it back up," van Koeverden told Metro in an interview following practice at the Burloak Canoe Club in Oakville, Ont.

He does drink alcohol, eats whatever he wants and does stay up late. But this close to competition, he adjusts his routine.

Here's what his days are like:

**6 a.m.:** The alarm clock goes off. Maybe he'll hit snooze before having a coffee and a banana or yogurt.

**6:30 a.m.:** He starts the drive to Oakville and, no, he doesn't get to drive on the HOV lanes. He's stuck in traffic with the rest of the hapless commuters, listening to CBC radio.

**7:30-ish:** Van Koeverden hits the water for a two- to 2.5-hour practice session. This is considered short. "This close to competition, I'm past the extreme endurance phase," he says.

**9:30-ish:** Once practice is done, it's time to put away the kayak. At this time of the year the Burloak Canoe Club is full of children at summer camp. "They look at me and wonder, 'Who's this old guy?'" the 33-year-old Van Koeverden said.

**10 a.m.:** Sporting shorts and a T-shirt, van Koeverden drives to Whole Foods in Oakville for breakfast. This is his reward for a hard morning of paddling. The cashier knows him, not as an athlete, but as a regular customer. Last Thursday he ordered a breakfast sandwich with a side of bacon, having given up his brief stint with vegetarianism. "I'm not obsessed with my diet, as most people are — non-athletes and athletes alike. It's the new religion, I think. There's being mindful and thoughtful about what you eat, and then there's being like, proselytizing about what you eat, and blogging about what you eat, and taking pictures of your food constantly. I just think there's something wrong with that."

**Afternoon:** Van Koeverden goes to the gym about two to three times a week. At least once a week he goes for a jog, saying the highlight of his week was his Sunday morning run.

## AVK's 3 Canadians to watch

**BASKETBALL**
"Basketball is one of the most accessible sports and you get an excellent cross-section of youth."

**MARK OLDERSHAW, SPRING CANOEIST**
"He just got married, had a pretty good world cup and he's our flag bearer. This is the 'Summer of Mark.'"

**ANDRE DE GRASSE, SPRINTER**
"What more do people look forward to than the 100-metre sprint?"

**Adam van Koeverden trains at the Burloak Canoe Club in Oakville, Ont., on July 2.** LIZ BEDDALL/METRO

ACCESSIBILITY

# Build it and they will come, says Olympian

**Melita Kuburas**
Metro | Toronto

At 8 a.m. on a weekday in the summer, school's out and Adam van Koeverden's home canoe club is bustling with teenagers.

About a dozen of them with concerted faces paddle by in a war canoe — likely those who are striving to be champions. Others are likely just there to splash around because their parents want them to, but that's great too, van Koeverden says.

Van Koeverden, who studied cultural and socio-economic barriers to sports as part of his kinesiology program at McMaster University in Hamilton, Ont., recognizes that in most places in Canada, due to a lack of funding and infrastructure, kids don't have such easy access to sports equipment and facilities. That's something he hopes will change, in part thanks to large-scale events like the Pan Am Games.

"It takes a community to create a community sports program," he said. "It doesn't take just one person. It takes a lot — and the upkeep, and the sustainability of it is really based on people and their hard work."

But before you bring a group of people together to work towards a common goal, he said, you need a place for them to be: a facility. And that's why investing in sports infrastructure matters, he said

His canoe club, formerly known as the Oakville Racing Club, was founded in 1974 by sprint paddler Bill Collins. It was established on an old sewage-treatment plant that the town no longer had any use for.

They've come a long way since then. The aquatics centres, gymnasiums, fields and bike parks built for the Pan Am Games are going to have a lasting impact on Toronto and the surrounding area, van Koeverden said, pointing to the Toronto Pan Am Sports Centre (TPASC) facility in Scarborough, which includes two Olympic-sized swimming pools, a running track and a diving program.

"As long as we install all the necessary infrastructure and resources post-Pan Am in that place, then I guarantee there'll be an Olympic swimmer from Scarborough," he said. "And if there's one Olympic swimmer, it means that there are 3,000 kids who are swimming. And that's the important thing."

On Americans who might consider going into paddling

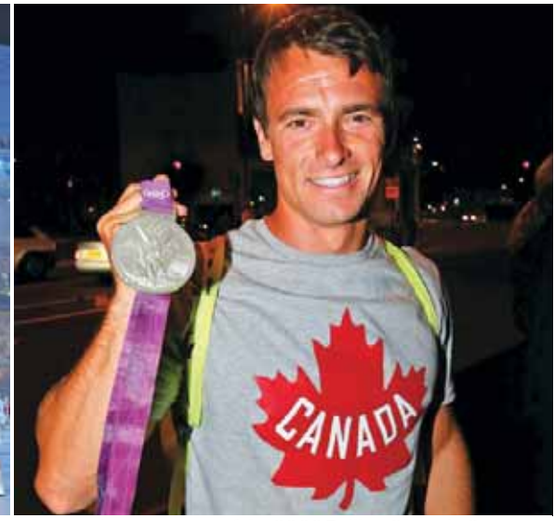
**I would tell them to go for a sport that offers scholarships and a paycheque.**

On Pan Am's marketing

**There aren't enough posters. Kinky Boots has more posters than the Pan Am Games.**

On how we started paddling

**My mom was concerned I was going to find trouble after school. Canoe club was her solution.**




**Adam van Koeverden, left, leads the Canadian delegation during the opening ceremony of the 2008 Beijing Olympic Games. Right: Van Koeverden shows off his Olympic silver medal after the London Games in 2012.** GETTY IMAGES

WINNIPEG

# Police detonate yet another package

Elisha Dacey
Metro | Winnipeg

Just days after a mail bomb went off at a lawyer's office and police found two more, the Winnipeg Police Service bomb squad detonated a suspicious package Wednesday in south Winnipeg.

Police were called to the scene at St. Anne's Road near Bank Avenue around 2 p.m. after a suspicious package was found near a strip mall.

Nearby homes and businesses were evacuated as the bomb unit rolled in and deployed its robot to check out the package.

A few hours later, the bomb unit used a water cannon to spray the package and a small explosion was heard.

As of press deadline, Winnipeg police had only confirmed they were at the scene of a suspicious package and that the area had been evacuated.

Police closed neighbourhood roads at the height of rush hour and re-opened them around 6 p.m.

There was no word if the package was similar to ones found since Friday, one of which went off at a law office, severely injuring lawyer Maria Mitousis, 38.

Guido Amsel was arrested and charged with two counts of attempted murder and numerous charges relating to explosives for his alleged involvement.

CHUCKWAGON RACES

# Second injured horse euthanized

A second horse has been euthanized as a result of injuries suffered during the Calgary Stampede chuckwagon competition.

The Stampede's Chuckwagon Safety Commission said the horse was hurt in a collision between two rigs Monday.

It was euthanized Tuesday. A horse was also euthanized Saturday after breaking a leg during the chuckwagon races.

On Tuesday, an animal-rights organization called Animal Justice called on the Calgary Humane Society to prosecute "inhumane rodeo practices" at the Stampede. The group says more than 50 horses have been killed since 1986 in chuckwagon racing.

"The democratically enacted laws of Alberta unequivocally state that it is illegal to cause or permit animals to be unreasonably in distress," said Anna Pippus of Animal Justice, adding that organizers should be prosecuted for "unlawful animal cruelty."

In a news release, the safety commission called the deaths "extremely regrettable." THE CANADIAN PRESS

**FIRST NATIONS BLANKETED WITH GIFTS** Environmentalist David Suzuki receives gifts from Chief Shane Gottftuedson, left, and National Chief Perry Bellegarde at the Assembly of First Nations meeting in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

# Bar extremists from Canada, senators say

SECURITY

## Training and certifying imams among suggestions

The federal government should outlaw membership in a terrorist group, bar radicals from Canada and look at forbidding the glorification of extremists to protect the Canadian way of life, a Senate committee says.

The Senate security and defence committee also recommends creation of a "wanted terrorist" list and urges the government to explore options for training and certification of imams in Canada.

In addition, it calls on the government to work with Muslim communities to create "an effective counter-narrative" to denounce the ideology of Islamist fundamentalism.

These are among 25 recommendations in the committee's interim report flowing from nine months of hearings on security threats facing Canada. The report examines terrorist recruitment, operations, financing, prosecutions and other aspects of what it calls the genuine threat of violent extremism.

Canadians must tackle the issue in a thoughtful, balanced way without undermining the values "that make us great," the report says. "Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and violent action."

The report represents the views of the Conservative majority on the committee, but lacks the backing of Liberal members.
One recommendation urges the government to establish a list of "ideological radicals" deemed to be a security threat and keep them out. THE CANADIAN PRESS

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BRITISH COLUMBIA EQA

# Greece asks Europe for three-year aid program

ECONOMIC CRISIS

## Government races to draft new reform proposal

Greece requested a new three-year rescue program from its European partners on Wednesday and rushed to complete a detailed plan of economic reforms in time to avoid the country's descent into financial chaos.

With the banking system teetering on the edge of collapse, the government sought to reassure its European creditors that it would enact tax and pension reforms quickly in exchange for loans from Europe's bailout fund, the European Stability Mechanism.

In its formal request to tap the fund, the Greek government said it would "immediately implement a set of measures as early as the beginning of next week."

**Greek Prime Minister Alexis Tsipras, left, in Strasbourg, France, Wednesday.** JEAN-FRANCOIS BADIAS/THE ASSOCIATED PRESS

After months of fruitless negotiations with the Greek government, the skeptical European creditor states have said they want to see a detailed, cost-accounted plan of the reforms by Thursday. That is meant to give the creditors enough time to review the plan before leaders of the European Union's 28 countries meet on Sunday in what has been termed as Greece's last chance to stay in the euro.

In the letter, the Greek government said it was aiming to be able to finance itself once the new aid program is over in three years.

Without a deal, Greece faces an almost inevitable collapse of the banking system, which would be the first step for the country to fall out of the euro.

Markets are holding up despite the apparent ultimatum, with many investors predicting a last-minute deal. The Stoxx 50 index closed up 1 per cent.

"Guarded optimism is the theme today, as the eurozone gives Greece one final deadline," said Chris Beauchamp, senior market analyst at IG in London.

Prime Minister Alexis Tsipras, addressing lawmakers at the European Parliament, said his country is seeking a deal that would bring a definitive end to his country's financial crisis. Greece has had two bailouts from its European partners and the International Monetary Fund since May 2010, totalling 240 billion euros ($260 billion).

"We need to ensure the medium-term funding of our country with a development and growth program," Tsipras told lawmakers in Strasbourg, France.

The head of France's central bank said he feared the "collapse" of the Greek economy and "chaos" if Greece doesn't strike a deal by Sunday.

In unusually strong language, Christian Noyer told Europe-1 radio he predicted "riots" in Greece if no deal is reached.

He also indicated the European Central Bank would effectively pull the plug on its emergency liquidity measures for Greek banks if no deal is struck.

Greece's main business and tourism associations predicted an "explosion of unemployment" if no deal is reached.

THE ASSOCIATED PRESS

HUNGARY

## Posters parody 'hate' ads

Hundreds of crowd-funded derisive billboards with messages like "Sorry for our prime minister" and "Come to Hungary, we've got jobs in London" have been plastered across the country to counter the Hungarian government's anti-immigration campaign.

Gergely Kovacs, president of the humorous Two-Tailed Dog Party, said Wednesday that over 7,000 people donated 33.3 million forints ($115,000) for the campaign organized jointly with Atlatszo.hu, a group of investigative journalists. "We would like to offset the government's hate campaign," Kovacs said while standing near a billboard saying "I survived the Hungarian anti-immigration campaign!"

Facing an unprecedented number of migrants and refugees — 73,000 so far this year — Prime Minister Viktor Orban's government rejects most economic immigrants and has put up billboards with slogans like "If you come to Hungary, you cannot take Hungarians' jobs."

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UNITED STATES

## South Carolina opens debate to remove Confederate flag

The South Carolina House opened what could be its final debate over the Confederate flag Wednesday, deliberating a proposal that might remove the banner from the Capitol grounds before the end of the week.

The House is under pressure to act after the state Senate passed its own measure, supported by Gov. Nikki Haley. But some Republicans proposed changes to the Senate bill that would preserve some kind of symbol in front of the Statehouse to honour their Southern ancestors.

Lawmakers who want to bring down the flag are fighting the proposals because any change to the Senate bill could delay by weeks or months the flag's removal, perhaps blunting momentum that has grown since nine black churchgoers were killed last month during Bible study at a historic African-American church in Charleston.

The House rejected four amendments to the Senate bill. All of them would take down the flag. One would have planted the state flower — yellow jasmine — where the flag currently flies on a flagpole by a monument to Confederate soldiers.

Opponents of removing the flag talked about grandparents who passed down family treasures and lamented that the flag had been "hijacked" or "abducted" by racists.

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## IN BRIEF

**Teen rescued from falls**

Three people had to be rescued after their canoe plunged over a waterfall on the U.S.-Canada border in northern Minnesota, including a teenage boy who was airlifted to safety after spending hours in the water trapped under a log.

Police received a call around 1 p.m. Tuesday about the incident on the Upper Basswood Falls. It took over four hours for rescuers to reach and free the boy. The falls have a drop of up to 10 metres.

THE ASSOCIATED PRESS

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Forte SX AT shown[‡]
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Auto, air, loaded

**$14,888** bw $105

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## market minute

**DOLLAR**
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**TSX**
14,412.07 (-212.43)

**OIL**
$51.65 US (-$0.68)

**GOLD**
$1,163.50 US (+$10.90)

**NATURAL GAS:** $2.685US (-3.1¢)
**DOW JONES:** 17,515.42 (-261.49)

STOCK MARKET

# Tech glitch forces NYSE closure

It was already a tough day in the market when the unexpected hit. The New York Stock Exchange halted trading late Wednesday morning because of technical trouble.

The outage came as traders had plenty of other things to worry about. Concerns about China's plunging stock market and a logjam in talks between Greece and its creditors weighed on the mood. Major indexes were already falling before the shutdown, which occurred shortly after 11:30 a.m. eastern time. NYSE resumed trading at 3:10 p.m.

The exchange didn't say what caused the malfunction but described it as internal and not the result of hackers. The broader stock market stayed open as orders to buy and sell kept flowing to the Nasdaq and other exchanges around the country.

Tom Caldwell, who runs an investment firm with stakes in several exchanges, said there are some 60 exchanges and trading venues that can take orders when one goes down, so investors shouldn't get rattled.

U.S. markets have been dogged by technical problems in recent years as more trading is handled by computers. In May 2010, the Dow plunged hundreds of points in minutes in an incident that became known as the "flash crash."

THE ASSOCIATED PRESS

**Sales for fitness trackers such as Basis Peak, Adidas Fit Smart, Fitbit Charge, Sony Smartband and Jawbone Move have been strong, but a research firm says a third of users lose enthusiasm for them after six months.** BEBETO MATTHEWS/THE ASSOCIATED PRESS

# Fit tracker interest in decline

HEALTH

## Sales are strong for devices like Fitbit, but users lose enthusiasm

Deepak Jayasimha's fitness tracker is now with his father-in-law in India, where it sits unused. Annabel Kelly foisted hers off on the kids. Virginia Atkinson took hers off to charge the battery and hasn't picked it up since February.

Although sales of Fitbit and other fitness trackers are strong, many of their owners lose enthusiasm for them once the novelty of knowing how many steps they've taken wears off. One research firm, Endeavour Partners, estimates that about one third of these trackers get abandoned after six months. A health care investment fund, Rock Health, says Fitbit's regulatory filings suggest only half of Fitbit's nearly 20 million registered users were still active as of the first quarter of 2015.

"The question for investors is how long the market will continue to grow at this rate, and whether Fitbit can execute on growing engagement before ... the number of devices sold per year reaches saturation," Malay Gandhi, a managing director at Rock Health, wrote on a blog.

Abandonment affects all manufacturers of fitness trackers, which are relatively cheap at about $100 and are commonly given as gifts. Fitbit gets the spotlight because it started trading publicly last month and has 76 per cent of the U.S. market share by revenue, up from 64 per cent a year earlier, according to the NPD Group.

Analyst William Power at Baird Equity Research said Fitbits remain popular among employers and insurance companies looking for ways to keep people healthy. Fitbit is also profitable, earning $132 million last year on revenue of $745 million. THE ASSOCIATED PRESS


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metro VIEWS
Your essential daily news
Thursday, July 9, 2015

## URBAN ETIQUETTE: ELLEN VANSTONE

### THE QUESTION

# Is there a 'side' to sidewalks? And other foot-traffic dilemmas solved, just in time for summer tourists or Pan Am crowds to hit the streets near you.

Wyndham Lewis, in his 1954 novel Self Condemned, famously called Toronto a "sanctimonious icebox." But Lewis was a notorious misanthrope who also said, "It is more comfortable for me, in the long run, to be rude than polite" — so you can guess what I think of him.

The point is that present-day Toronto, like all cities across Canada, is a much friendlier burg than the dull, mainly Anglo-Saxon centre he once despised. And now is the chance to prove it while Hogtown hosts some 250,000 visitors expected at the Pan Am Games from July 10 to 26.

Yes, the invading hordes are bound to test our patience as they clog up pedestrian thoroughfares with their rubbernecking, sightseeing, dawdling ways. But it's also a perfect opportunity to show off our Canadian politeness — and for me to remind you, dear reader, on proper pedestrian behaviour. Herewith, a refresher course on the basic rules of street etiquette.

**Is there a "side" to sidewalks?**

People generally keep to the right, but all bets are off when dealing with strangers from strange lands where our right-of-way rules might not apply. When faced with oncoming meanderers, do a quick shoulder-check, step aside and let them pass. If you and your companion favour an old-fashioned approach, walk on the curbside if you're male, a tradition that once saved ladies' dresses from mud-spattering vehicles.

**Slow walkers**

Few things are more frustrating that being stuck behind a gaggle of molasses-waders when you're in a hurry. But it's perfectly all right to pass — as long as you do it without elbowing anyone aside.

**Close walkers**

Don't walk too closely behind anyone, breathing down his or her neck. If they stop suddenly, it's your neck that will suffer when you collide and go flying. This goes double at night, when close walking behind people, especially women, makes them feel threatened. The proper procedure in the dark is to speak up ("Hey, don't be alarmed — I'm just passing on your left") as you make a wide berth around them.

**Yes, invading hordes are bound to test our patience. But it's also a perfect opportunity to show off our Canadian politeness.**

**Stopping for no reason**

This is my pet peeve — people who stop at the top or bottom of stairs while the rest of us pile up behind them, or those who languidly exit a store without checking for oncoming foot traffic. It's always tempting to "accidentally" bump into them, ensuring they'll think twice next time they fail to merge properly. But to do so would be passive-aggressive, which is the worst kind of rudeness.

**Cellphone addicts**

Everybody knows that texting while driving is dangerous. It's also ill-advised while walking on a busy street. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision.

**Getting into a car or cab**

Traditionally, the man opens the door for the woman before going around and getting in the other side. As a modern feminist, I never resent the old-fashioned gesture, but it's not de rigueur, and it's an outright faux pas if the woman finds it overly quaint. If your companion is older, however, it's always more polite — regardless of sex — to offer them the near-side door and then schlep to the far side so they don't have to slide across the hot, sticky seat to make room for you.

**Entering and exiting store doors — who has the right of way?**

Short answer: no one. Well-mannered folk will let the other person through regardless of direction, though admittedly there's a risk of getting stuck when you hold a door open for one person and 20 more follow. At some point, you may gracefully hand off the door to some other paragon of politeness and slip through a gap — as long as you don't slam the door in anyone's face while you're at it.

**Revolving doors**

It will surprise some readers to learn that a gentleman traditionally goes through first, a holdover from the days when women were deemed too weak to push the heavy mechanism themselves. The same rule applied to going down steps or exiting a plane, train or bus: if the lady tripped on her petticoats, the man in front would provide a cushion to her fall. Nowadays, it doesn't matter which gender takes the lead — as long as you don't cut anyone off.

**Most importantly, be nice**

The best advice comes from Emily Post, who wrote the book on manners in 1922. Some of her dictates were ridiculous ("Ladies should carefully avoid … all undue liveliness in public"). But her overall rule is still absolutely relevant: Never do anything that is unpleasant to others.

CARTOON BY ANI CASTILLO

## ROSEMARY WESTWOOD

metroview

# Great adventures make great stories: Balloon man proves it

Now there's a story.

A man sits in a plastic lawn chair attached to 100 helium balloons and floats over the Calgary Stampede grounds, in a bid to earn more business for his cleaning company by landing in the middle of the chuckwagon races.

The winds pick up, he's getting pulled off course (not that he has any contraption to keep him on course; he's on a lawn chair). As the balloons lift him higher and higher, he opts for plan B, jumps, uh, chair, and pulls chute.

Descending with a parachute, he escapes with a rolled ankle and a mischief charge. There were hundreds of thousands of people below this guy, police told the newspapers. "The last thing we want to see is anybody injured."

Or to translate: "The last thing we want to see is anybody do anything interesting." Police, our uniformed spoilsports.

But I'm with balloon man, aka Dan Boria, on this one: "It was the most fun thing I've ever done."

And it's the best "This one time…" story I've heard in awhile. The kind of story that you recount in your 80s to pick up ladies at the retirement home. The kind of story your kids tell your grandkids.

You know what doesn't make the memory books? Always following the rules.

My parents are in town for a visit. I wouldn't call them daredevils, but then you get Dad talking about the time he sailed the Atlantic and hitchhiked across Europe.

There were the nights he figured out how to unlock London's double-decker buses, and sneaked in for a good sleep. There was the time he rescued his scooter from a mechanic's lot in France. He used to build his own boats (using his mum's best sheets).

When you're older, and the days pass with more mirrored regularity, and maybe you've lost the youthful gall to fly by helium balloons, the best things you've got are the stories of your life.

I'm already afraid for how boring I'll be. CBC Radio's Definitely Not the Opera is always looking for story submissions. "When did being mistaken for something you're not let you discover who you really are?" or "When did a musical instrument change your life?" or "Tell us your stories about body art!" The questions arrive every week by email. And every week, I've got nothing.

So, I clearly need to up my story-game, and I think I could take inspiration from Boria. Especially the part where he lives to tell the tale.

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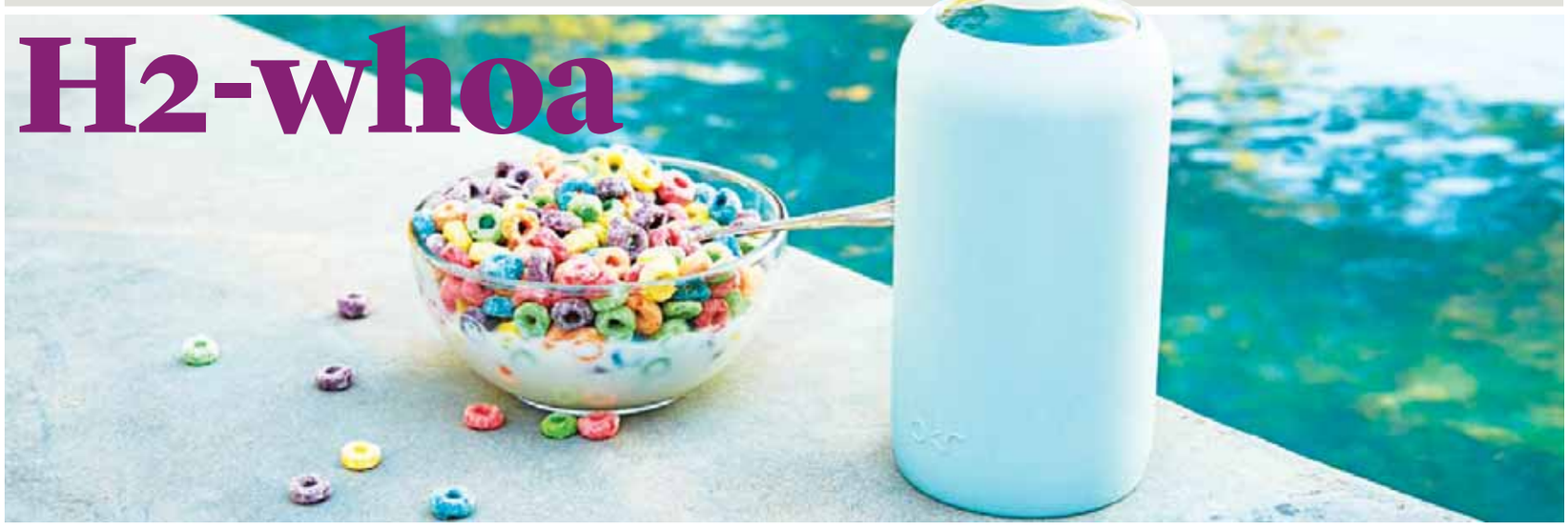
PHILOSOPHER CAT
by Jason Logan

# H2-whoa



ACCESSORIES

## Plastic water bottles are so '90s — invest in one of these beauties

Melissa Dunne
For Metro | Life

The It Accessory of Summer 2015 isn't a beach bag, or a pair of sunnies or cute sandals — it's a reusable water bottle.

Yes, the lowly utilitarian item's time has finally come again. Not that long ago, people didn't carry water around with them everywhere they went (I know, wild, right?).

Then, at some point in the '90s it became tres passé to carry around bottled water, you know, because of the environment. Nalgene bottles were all the rage, for a while. But plastic bottles, whether one-time use or reusable, really went out of style when there was a groundswell of worry over BPA in the late 2000s.

Enter S'well et al. While people were so over plastic (though many are now made BPA-free), there remained a thirst for bottles that are safe and stylish. Reusable bottles that keep your drinks cold are so cool right now, they are being featured in the likes of Vogue. The fashion bible featured a black S'well bottle in a list of items to put in a Céline Curve bag. We say save yourself about $2,356 for the cost of that It Bag and buy yourself an It Bottle instead. While the S'well bottle is a hefty $39.50 for the 500 ml, you'll quickly make your money back filling your bottle with tap water, rather than buying one-time use bottles for a few bucks a pop.

Here are some of the most stylish bottles for sale this summer:

### S'WELL

**These stainless-steel bottles come in a rainbow of sizes and colours, from Pink Satin to Teakwood. Get one to match every outfit. Swellbottle.com. $39. 50 for a 500 ml bottle**

### ASOBU

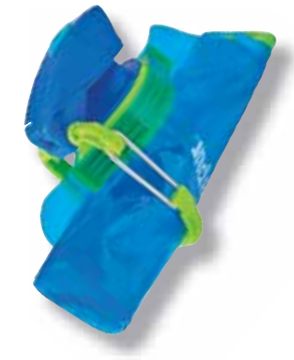
**The Flavour It 2 Go bottle is BPA-free and lets you add in fresh fruit to the built-in infuser. asobubottle.com. $13 for a 590 ml bottle**

### BKR

**The glass and silicone bottles come with quirky names, such as the Lolita in opaque blackberry. mybkr.com. $33 for a 500 ml bottle**

### VAPUR

**The Anti-Bottle bottle is perfect for the fit fashionista — it stands upright when full and flattens when empty, so you can stash it away (not that you'd want to). vapur.ca. $16 for a 1 L bottle**



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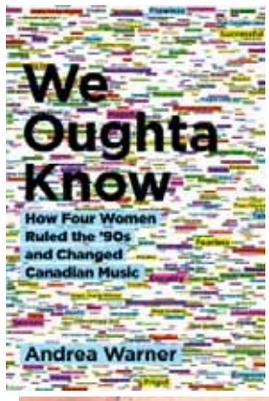
# Warner is here to remind you

CANADIAN MUSIC

## Music journalist examines four chart-toppers

BOOKWORM

Sue Carter



**Andrea Warner's latest book, We Oughta Know (inset), looks at women on top.** CONTRIBUTED

Twenty years ago, Alanis Morissette stormed onto the music scene with Jagged Little Pill. At the time, the album was considered loud, shockingly honest and "unladylike" — a perfect anthem for a generation of disenfranchised young women who previously felt they had no voice.

The album's anniversary this June time-travelled fans back to the mid-1990s. Jagged Little Pill made a quick two-week reappearance on Billboard's Top 200 album chart.

Across Canada, there have been tribute nights and lots of media analysis of the continued emotional resonance of Morissette's work.

Like so many fans, Vancouver music journalist Andrea Warner, 16 when the album was released, felt empowered by its frankness.

Her debut book, We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music, examines, from a feminist's perspective, the careers, successes and controversial media personifications of Morissette, along with fellow superstars Shania Twain, Sarah McLachlan and Céline Dion.

When Toronto publisher Eternal Cavalier approached Warner, an associate producer with CBC Music, to write a book, she already had a kernel of an idea.

On sales tracker Nielsen SoundScan, she discovered the four women (all wildly successful by their mid-20s) are among the Top 10 bestselling musicians in Canada. Dion is first place.

To put this in context, the Beatles are at No. 8.

"It made me take stock of the music industry in Canada, and it gave me pause to take stock of my life," Warner says.

"I thought, 'Oh my God, these four women have been part of my existence in such a strange, almost fairy godmother/evil stepmother kind of way for so long.'"

Although Warner connected with Morissette's raw anger and with McLachlan's poetics — the book includes an emotional essay about how McLachlan's album Rarities, B-Sides and Other Stuff helped Warner through the death of her father — her relationship with Dion and Twain was more complex.

> **These four women have been part of my existence ... for so long.**
> Andrea Warner

As a teen, she dismissed Dion as a saccharine pop diva under the spell of her manipulative manager-husband, and Twain as nothing more than a talentless country-crossover Barbie.

"All of these things I ever said about Céline Dion and Shania Twain are completely complicit with preserving sexism and misogyny, and upholding all these horrible things I'm supposedly against," Warner says. "It made me take a look at myself and the worst parts of my personality."

Warner also takes her profession to task, devoting a chapter to the more egregious examples of sexist music journalism, in which the women are referred to, among other terms, as "pinups," "angry young wom(e)n" and "fragile young flowers."

Ultimately, as Warner suggests, you don't have to be a Titanic fan to appreciate Dion's vocal range or to critique Twain's music without referencing those early baremidriff years.

"I think it's so important to pick apart how we build our belief structures," Warner says. "Maybe it's not even about feminism and sexism, but why do we love the things we do? Why do we think something is good versus bad, and how does it feed into what we think is good or bad taste?"

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MLB ALL-STAR CONCDERT

# Lovato steps up to bat

IN HOLLYWOOD

Ned Ehrbar

Demi Lovato has taken over headlining duties from Ariana Grande at this year's Major League Baseball All-Star Game concert, which is apparently a thing.

"I'm so excited to be headlining the MLB All-Star Concert," Lovato says in a statement. "I hope my fans in Cincinnati are ready to get 'Cool for the Summer.'"

Real subtle, working the title of your latest single in like that. It's unclear whether Lovato followed the statement with a preplanned slip-and-fall, but let's just say I'm growing suspicious.

Grande, for her part, had to bow out of the gig because she recently got her wisdom teeth removed. And here I thought it was because of that whole doughnut-licking, "I hate Americans" video snafu she's dealing with.

The show during All-Star Week will also include pop-rock band Rixton, best known for the hit Me and My

# Wear your heart on your heels

FASHION

## Lamar collabs with Reebok on sneakers with soul

One of the hottest and most critically acclaimed rappers of the moment has designed a pair of Reebok sneakers that he hopes will promote peace among L.A.'s gangs.

Lamar signed a partnership deal with Reebok in 2014 and his first set of sneakers will be called the Kendrick Lamar x Reebok Ventilator.

When they go on sale later this month the shoes will carry a multi-coloured message that promotes peace, particularly among the Crips and the Bloods, the two rival gangs that influenced Lamar's childhood growing up in Los Angeles and his conscious rap lyrics.

The sneakers are an off-white 'paperwhite' suede and feature the word 'red' on the right heel and 'blue' on the left heel (a reference to the two gangs' affiliation colours) and the word 'neutral' inscribed under the tongue. AFP

**JULY 18**
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## LAMBERT CANCELS SHOW; THE VIEW'S REVOLVING DOOR

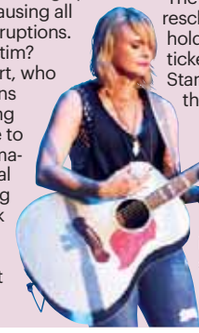
### No bull

It's hard out there for professional singers these days, with vocal cords acting up left and right, causing all sorts of tour disruptions.

The latest victim? Miranda Lambert, who had to dash plans for her upcoming Calgary gig due to "serious inflammation" of her vocal cords, according to her Facebook page.

"I'm so sorry that I can't be at Stampede this week, but I'll be back in Calgary just as soon as I can for all of my Stampede fans," she said in a statement.

The appearance will be rescheduled, but ticket holders can still "use their tickets for admission to Stampede and enjoy all that we have to offer," Stampede's chief operating officer Paul Rosenberg said, "including live country music at Nashville North." Just, you know, sans Lambert.



### Fade from view

The View staffing changes will give you whiplash if you're not careful. First Raven-Symoné was tapped for a permanent spot on the daytime chat panel. Then word leaked that Rosie Perez would be leaving the show at the end of her first season in August. Everyone first had to come to terms with the realization that The View is a show with "seasons" before even more news arrived: Comedian Michelle Collins is being made a full-time member of the show. NED EHRBAR FOR METRO

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Your essential daily news

Homeowners focus on increasing curb appeal in the first year of ownership: survey

# What they're a$king

Some things are better new, and there's nothing nicer than a gleaming new condo suite. Here's a look at medium-sized, brand new one-bedroom units near downtown **Duncan McAllister** FOR METRO

OUR CITY

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## Vancouver

You can get a 661-sq.-ft. one bedroom plus den in Altus, the second phase of the SOLO District condo project. SOLO District is close to the SkyTrain at Lougheed Highway and Willingdon Avenue in Burnaby, a suburb of Vancouver. The development will feature a selection of retailers and exclusive amenities, including a rooftop patio, with a full kitchen, large dining room, media centre, outdoor lounge with barbecue and fireplace. Other amenities in Altus include a fully equipped fitness studio and an outdoor rooftop multi-sport court.
Contact the sales centre at 604-227-3745 or email info@solodistrict.com.

$239,900

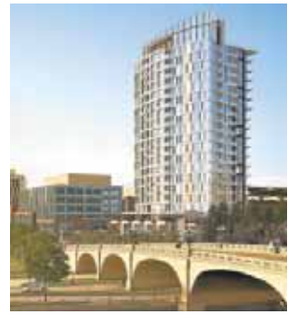
## Winnipeg

Glasshouse Lofts is a 200-unit, high-design condominium development at 311 Hargrave St., across from the MTS Centre. Featured is a 587-sq.-ft. one-bedroom suite in the A3 plan of the modern design, 21-storey residential glass tower by Urban Capital. The suites feature brushed aluminum hardware, rich hardwood flooring and porcelain tile. The condo is part of the new, mixed-use Centrepoint development, with offices, restaurants and an Alt Hotel. Move-in is scheduled for next spring.
Contact the sales centre at 204-282-9658 or email sales@glasshousewinnipeg.com.

$398,000

## Halifax

The Roy, a contemporary 22-storey condominium, is located at 1650 Granville St. in the centre of downtown Halifax. It's an area that's experiencing rapid growth, with new commercial and residential developments opening in the coming months. The building offers three units at 743 sq. ft., called The Canadian, The Scotia and The Royal. The historic development by Starfish Properties will feature the work of Page + Steele IBI Group Architects and interior designs by UNION31.
Contact the sales centre at 902-431-1650 or email info@theroyhalifax.com.



$439,900

## Ottawa

Here's a 756-sq.-ft. one bedroom plus den suite in the new Rideau tower at 831 Bank St., in the centre of Ottawa. Minto@lansdowne is comprised of two highrise condominium towers with a collection of suites and townhomes. As part of the Lansdowne Park rejuvenation, Minto@lansdowne is close to new retail and dining experiences, with entertainment spaces throughout the park and a large outdoor skating rink. Minto@lansdowne is part of the historic Glebe area, one of Ottawa's premier shopping destinations.
Contact the sales office at 613-788-2784 or visit minto.com.

$479,000

## Calgary

Featured is a 776-sq.-ft. suite with one bedroom plus den at the Lido condominium by Battistella. The building is at 10 St. N.W. and 2 Ave. N.W., in the heart of one of Calgary's most desirable inner-city neighbourhoods. It features a boutique hotel on the second level, and seven commercial bays that will include fine dining, high-end retail shops, a boutique wine store, and a coffee shop. The building also features a rooftop garden for residential use, with great downtown views, and outdoor fireplaces.
Contact the sales centre at 403-290-1664 or email info@battistella.ca.

$392,490

## Toronto

Featured is a 667-sq.-ft. unit on the 10th floor, overlooking Forest Hill. The Barrington Condominium Flats at 1486 Bathurst St. is introducing new suite designs and pricing in the St. Clair residential area, which is undergoing an urban renaissance. There are two new suite groupings: The London Flats and The Knightsbridge Collection, with amenities that include ground-floor retail and a fitness centre. The 18-storey Barrington is near the St. Clair West subway station and has a walk score of 98 and a bike score of 88.
Contact the sales centre at 416-410-4444 or email info@barringtoncondos.com.

# Easy does it with outdoor accessories

GARDENING

## Landscape attractions can be both pretty and functional

Flowers are the face of a garden, providing colour and texture.

But a few well-placed landscape accessories can give it character and a dash of personality.

Accessories can range from water fixtures, like ponds and streams, to outdoor furniture and appliances, fountains to statuary, miniature fairy gardens to antiques. Give it some thought, however.

"There's some wonderful stuff out there (to collect) and it's awfully tempting, but you have to be really careful not to overdo it," said Linda Engstrom, a landscape designer from Portland, Ore. She advises putting no more than two or three items in one area.

> **You have to be really careful not to overdo it.**
> Linda Engstrom, landscape designer

"It gets too cluttered and the eye doesn't know where to go," she said. "You need some negative space."

Many of those items also can be high maintenance. And landscape accessories should fit the architectural style of the home, Engstrom said.

"I had a client once who had a Tudor house but who wanted a Japanese garden. That wasn't such a great idea, but I was able to give her a Japanese-style garden semi-enclosed in the backyard, and it wasn't jarring," she said.

Engstrom doesn't like the trend toward elaborate outdoor living rooms with weatherproof furniture.

"I can't picture leaving that stuff out there in wet or snowy winters," she said. "It's quite a chore to keep it looking nice when placed outside."

Accessories can be used to screen unsightly utility sheds or add some visual flavour to hobby greenhouses, she said.

"Put up a pergola and string it with vines and flowers. Add a fountain or garden seat."

Homemade landscaping objects are becoming fashionable again, said Leonard Perry, an extension professor with the University of Vermont.

"Making your own accessories may be a great way to save money, a fun craft hobby or family activity," Perry said. "Making colourful pavers (stepping stones), either with inlaid objects, designs or leaf impressions, is a great activity to involve children."

Creativity also comes into play finding unusual objects from flea markets, garage sales or your basement, and figuring out how to incorporate them into a garden.

Tastes vary, of course, Perry noted.

"What is tacky to some may appear to be a thing of beauty to that gardener or homeowner," he said.

THE ASSOCIATED PRESS

### LIGHT UP

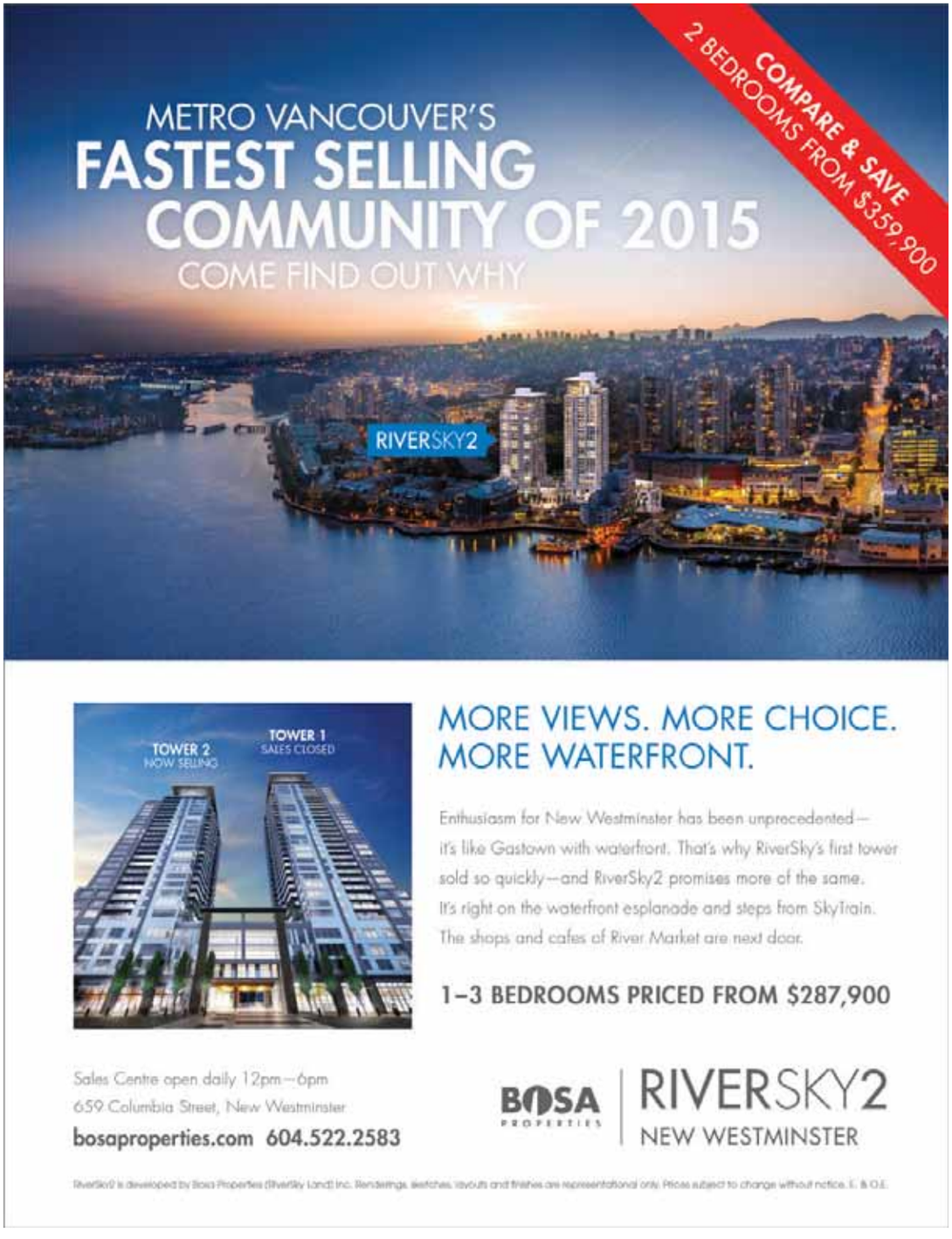
**Illumination also serves safety purpose**

When it comes to landscaping, consider incorporating lighting around the property. For instance, low-voltage lighting enhances safety along walks and driveways, as well as home security. "Uplighting" tree trunks or creating a lighting "wash" along the side of a home can add focus and drama, said Leonard Perry, an extension professor with the University of Vermont. "Use lights to highlight fountains, plants and containers in full bloom so they can be enjoyed in the evening, too," Perry said.

THE ASSOCIATED PRESS

**Creativity comes into play in finding unused objects, such as these baskets, integrated into a garden near Langley, Wash.**

DEAN FOSDICK VIA THE ASSOCIATED PRESS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metro SPORTS
Your essential daily news

Andre Greipel won Stage 5 of the Tour de France and fellow German Tony Martin kept the overall lead

# Demko's hips 'way better than new' after surgery

NHL

## Goalie skating again after going under the knife April 20

Cam Tucker
Metro | Vancouver

The Canucks drafted Boston College's Thatcher Demko 36th over in the 2014 draft. MADDIE MEYER/GETTY IMAGES

Almost three full months after surgery to repair torn labrums in both hips, Vancouver Canucks prospect Thatcher Demko expects to get back into goalie gear next week, as he prepares for the 2015-16 season at Boston College.

"Not that I'm counting," said the 19-year-old Demko, who expects to begin "goalie specific" workouts by July 27.

Demko, Vancouver's second-round selection in the 2014 NHL Draft, was at the Canucks' development camp in Shawnigan Lake, but didn't take part in on-ice activities. He is skating again, just in sweatpants for right now, he said, and going through rehabilitation.

Demko had been contemplating the surgery prior to last year's draft, and the Canucks knew it was a possibility even before they selected him 36th overall.

Ideally, the Canucks would like to have Demko play one more year at Boston College before turning professional, further developing his game in the AHL before any jump to the NHL.

First priority right now, however, is coming back from off-season surgery.

"He's right on schedule," said general manager Jim Benning of Demko's rehabilitation.

He underwent the operation, performed by Dr. Bryan Kelly, co-director for the Center for Hip Pain and Preservation, in New York on April 20 following his sophomore season with the Eagles.

Demko said he started feeling pain in his hips when he was 15 years old, playing for Omaha in the USHL. He received a diagnosis that summer.

The pain persisted, but he was able to cope with it this past season, which also saw him between the pipes with the U.S. team at the 2015 world junior championship.

Demko had his practice time cut down from four times a week to three in order to be physically ready for games this past season.

He's optimistic about the operation given the high profile goalies — Tim Thomas, Pekka Rinne and Winnipeg Jets prospect Eric Comrie — that have also undergone this exact same surgery and come back better for it.

"I can be a success story, myself. I can tell you it's made a huge impact on me already," he said.

He finally decided on having the operation this spring in order to give himself the maximum time possible to recover, rehabilitate and then train for 2015-16.

"It should be fixed forever now," he said. "Way better than new."

### IN BRIEF

**MLS teams get extra funds**
Major League Soccer is revamping its roster rules to help clubs accommodate top talent that doesn't qualify as designated players.

The league's new initiative, called targeted allocation money, provides clubs with $500,000 US outside this year's $3,490,000 salary budget to help sign players who are near the top of the salary scale but who are not DPs.

Under league rules, teams are allowed up to three designated players. For a designated player over the age of 23, only $436,250 of his salary actually counts against the salary cap.
THE CANADIAN PRESS

**M's bats still sputtering**
Scoring runs has not been a problem lately for the Seattle Mariners. Scoring enough to win has been the issue.

Jefry Marte, in his initial big league start after bouncing around the minors for eight years, had an RBI double for his first career hit and added a solo home run that sent the Detroit Tigers to a 5-4 over Seattle Wednesday.

Down by three early, the Mariners bounced back to tie it 4-4 by the fourth. But the Tigers went ahead in the seventh and the Mariners finished 0 for 14 with runners in scoring position.
THE ASSOCIATED PRESS

NFL

## Redskins trademark cancelled by judge

For the first time in a legal battle that has stretched over 20 years, a federal judge on Wednesday ordered the cancellation of the Washington Redskins' trademark registration, ruling that the team name may be disparaging to Native Americans.

The ruling does not bar the team from using the Redskins name if it wishes. The team could even still sue for trademark infringement, but winning such a case could prove more complex without the legal protections that come with a federally registered trademark.

Redskins President Bruce Allen said the team will appeal.

"We are convinced that we will win because the facts and the law are on the side of our franchise," Allen said in a statement. U.S. District Judge Gerald Bruce Lee's ruling upholds an earlier finding by an administrative appeal board and orders the federal Patent and Trademark Office to cancel the registration.
THE ASSOCIATED PRESS

### IN BRIEF

**Source: Clippers trying to keep hold of centre Jordan**
Two people with knowledge of the situation say the Los Angeles Clippers are making a last-ditch push to keep free agent centre DeAndre Jordan from joining the Dallas Mavericks.

Jordan and the Mavericks agreed to terms on a four-year, $80 million contract last Friday. The Clippers can offer a five-year deal worth even more once contracts can be signed starting Thursday.
THE ASSOCIATED PRESS

**Red Wings sign winger Tangradi to one-year deal**
The Detroit Red Wings have signed left wing Eric Tangradi to a one-year contract.

The team announced the deal Wednesday. Tangradi, 26, played seven games last season for the Montreal Canadiens. He played a career-high 55 games for Winnipeg in 2013-14. Tangradi was drafted in the second round in 2007 by the Anaheim Ducks. He made his NHL debut in 2010 for Pittsburgh, and was traded the Jets from there in 2013. THE ASSOCIATED PRESS

GOLF

## Injured McIlroy will not take Open risk

The photo Rory McIlroy posted to Instagram on Wednesday shows his feet up, a black air cast around his left ankle, as he watches Wimbledon on television. The claret jug was positioned beneath the screen.

When it comes to a Grand Slam championship in his own sport, the world's No. 1 golfer will be reduced to watching this year. Two days after the stunning news that he ruptured a ligament in his left ankle, McIlroy pulled out of the British Open at St. Andrews, the first time in 61 years that the defending champion will not be in the field.

Rory McIlroy GETTY IMAGES

He injured his ankle over the weekend playing soccer with friends in Northern Ireland. McIlroy held out hope he could still play next week, but he decided it was not worth risking a full recovery. THE ASSOCIATED PRESS

# Fatigue finally gets to Pospisil

WIMBLEDON

## Canuck played 31 sets in 7 days; a solid Murray into last four

Vancouver's Vasek Pospisil simply played too much at Wimbledon.

Pospisil lost to Andy Murray in straight sets in their quarter-final match on a wet Wednesday, with the Canadian going out 6-4, 7-5, 6-4 after an exhausting 10 days of grass-court tennis.

"I played a lot of tennis, how much that affected the match is hard to say," said Pospisil. "But I definitely started feeling a little bit heavy, especially in that third set. I played 31 sets in seven days or something like that. Then you're going to play Andy."

Pospisil, stretched to five sets in three of his five singles matches, began feeling his legs against Murray. Pospisil and American partner Jack Sock were defeated last week as they defended their 2014 doubles title, only adding to Pospisil's workload.

The Centre Court contest against third seed Murray began with the roof open but after a second rain interruption, concluded after two hours 11 minutes with the translucent structure closed

Pospisil had hoped to join Robert Powell (1908 Wimbledon) and Milos Raonic (2014 Wimbledon) as the only Canadian men to make a Grand Slam final four. He was dismayed after being warned in mid-serve on a time violation, late in the seconds set as he dropped serve 5-6.

> **"I definitely started feeling a little bit heavy, especially in that third set.**
> Vasek Pospisil

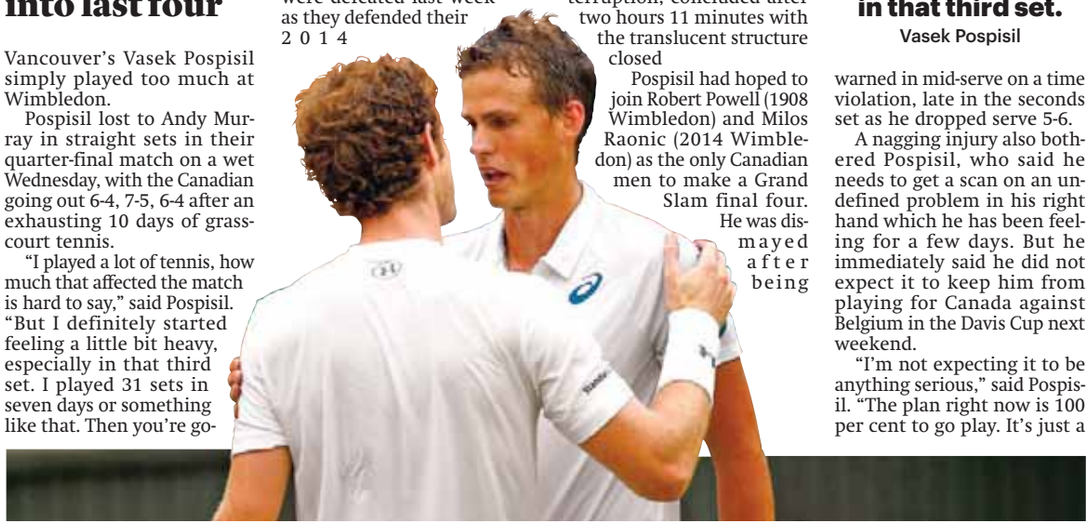
A nagging injury also bothered Pospisil, who said he needs to get a scan on an undefined problem in his right hand which he has been feeling for a few days. But he immediately said he did not expect it to keep him from playing for Canada against Belgium in the Davis Cup next weekend.

"I'm not expecting it to be anything serious," said Pospisil. "The plan right now is 100 per cent to go play. It's just a precautionary MRI." Pospisil ended with nine aces but only one break point chance

The 56th-ranked Pospisil suffered his fourth loss in less than a year to Murray as the pair met on grass for the first time. Pospisil and his seeded opponent had to put up with a 35-minute weather interruption with Murray leading 3-1 in the first set and again left the court with Pospisil up 4-3 in the second set. At that point, the roof was closed to allow play to conclude.

Murray profited from a break for 6-5 in a game where Pospisil was warned for taking more than 20 seconds between points. Murray took a 2-0 lead on sets a game later when Pospisil netted a service return. Murray earned the deciding third-set break in the ninth game as he easily returned a cross-court winner off of a Pospisil shot from the back of the court.

The 2013 Wimbledon champion served out the victory a game later to end Pospisil's tournament on a second match point. THE CANADIAN PRESS



**Andy Murray consoles Canada's Vasek Pospisil after winning his Wimbledon singles quarter-final.** JULIAN FINNEY/GETTY IMAGES

### SEMIFINALS

**Top three men seeds sail through in straight sets**

The top 3 men — Novak Djokovic, Roger Federer and Andy Murray — cruised into the Wimbledon semi-finals in straight sets. The final four lineup has an unexpected name, too.

Frenchman Richard Gasquet outlasted Swiss French Open champion Stan Wawrinka in a marathon fifth set Wednesday, winning 6-4, 4-6, 3-6, 6-4, 11-9, preventing Wimbledon from having the top four men's seeded players in the semifinals for the first time in 20 years.

He will face defending champ Novak Djokovic, who beat Marin Cilic 6-4, 6-4, 6-4. THE ASSOCIATED PRESS

**Murray, Djokovic and Federer are in the last four.** GETTY IMAGES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# RECIPE Black Bean, Mandarin Orange and Baby Shrimp Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

If using frozen shrimp, be sure to defrost, drain and dry completely for the best result. If mandarin oranges or tangerines are in season use them to replace the canned. Serves 4.

**Ready in**
Prep time: 15 min
Cook time: 3 min

**Ingredients**
- 1/2 cup drained, canned or frozen corn
- 4 oz baby cocktail shrimp
- 1/2 cup canned mandarin oranges, drained and patted dry
- 1/2 cup black beans, drained and rinsed
- 1/2 cup diced red bell pepper
- 1/4 cup diced red onion
- 1 1/2 tsp olive oil
- 1 1/2 lemon juice
- 1 tsp honey
- 1/2 tsp minced jalapeno peppers
- 1/2 tsp Dijon mustard
- 1/4 tsp cumin
- 3 Tbsp chopped cilantro or mint
- Salt and pepper
- 8 Boston lettuce leaves

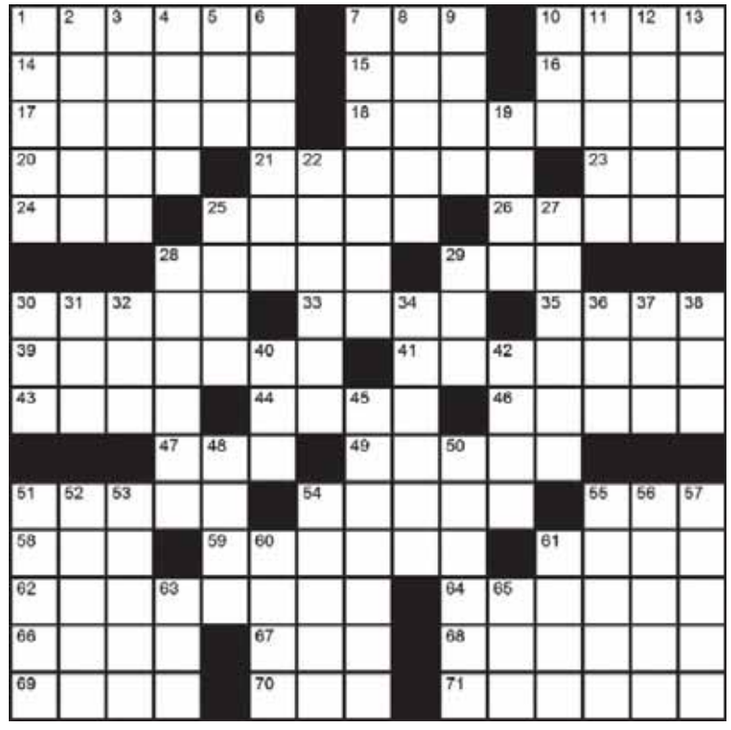
**Directions**
**1.** In small skillet sprayed with vegetable oil, add corn and sauté for three minutes, just until lightly charred. Add to bowl along with remaining ingredients. Mix well and divide over lettuce leaves.

**Nutrition per serving**
- Calories 110
- Protein 10 g
- Fibre 4 g
- Total fat 3 g
- Sodium 200 mg

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Mini racing vehicle
7. Tough wood
10. Help with the heist
14. Charlie Sheen's brother
15. SSW's opposite
16. Bat's hangout
17. Ms. Shire's of "Rocky" (1976)
18. Canadian vitamins brand since 1922
20. Loafer, for one
21. Villainous 'Lord' in Lord of the Rings
23. Pres. Eisenhower
24. Writer Mr. Milne's
25. Bird feather pen
26. Refuge for a castaway
28. Music producer, Jermaine __
29. "Rhoda"' production co.
30. Laboratory dish
33. Adroit
35. Try to persuade
39. __-style sunglasses
41. Trade-in at the dealership: 2 wds.
43. Hungry feelin
44. __ and terminer
46. Open-mouthed
47. Sour
49. Earthenware jar
51. Heavenly food
54. Call
55. Intercept information
58. Eggs, scientifically
59. Astute
61. Info collected from research
62. Tom Cruise's bartender movie
64. Synchronicity
66. Put on payroll
67. Wedding promise: 2 wds.
68. Degrees
69. Seaport of Yemen
70. "Steal My Sunshine" group
71. Every 12 months

**DOWN**
1. Enjoys, __ kick out of
2. D-Day beach
3. Metric weights, for short
4. No word of _ __ (True)
5. Narrow inlet
6. Outcome that could go either way
7. "Falling in Love Again" is a new single by what single-named Canadian songstress?
8. Fido's warning
9. Prefix with 'globin'
10. Deck of cards symbol
11. Pesto ingredient
12. Call forth
13. Principle
19. Put a sock __: 2 wds.
22. Put the clothes out on the line
25. Vocationally vacate
27. Blur
28. Fearsome fire-breathing flyer
29. Rushmore, et al.
30. Celeb photographer
31. Moviedom's Ms. Mendes
32. Pantry container
34. Botox injection site
36. Electronics co.
37. Discontinuity
38. Poet's 'previously'
40. Cartoon fight sound effect!
42. Let up
45. Level of command
48. Quick
50. Excessively
51. Coffee order
52. Cold shoulder it
53. Mother-of-pearl
54. "__ & Prejudice" (2005)
55. Shock weapon
56. Ring-shaped coral island
57. Popular garden flower
60. Salute
61. Prima donna
63. Mattel guy
65. Born, in bridal bios

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
People will go out of their way to do you favors today which, of course, makes you suspicious, but there is no reason to be. Some people like you and genuinely want to help.

**Taurus** April 21 - May 21
You are taking something far too seriously and at the same time neglecting far more important issues. What happens today will offer perspective and remind you that life is too short to waste time on worry.

**Gemini** May 22 - June 21
You may be under the impression that you can say and do what you please but that does not mean you can step out of line and be protected from the consequences every time.

**Cancer** June 22 - July 23
You are in a generous mood at the moment and that's good, but don't fall into the trap of thinking it's about money. What others want from you is your time and attention and sympathy. Gifts are nice but not essential.

**Leo** July 24 - Aug. 23
With Venus and Jupiter moving through your sign, you are responsive to other people's moods and needs. However, watch out that their negative feelings don't start to have a negative effect on you.

**Virgo** Aug. 24 - Sept. 23
You are craving something, or someone, you cannot have. Some things are best left in the realms of fantasy. Besides, reality is not so bad.

**Libra** Sept. 24 - Oct. 23
You don't lack for compassion but how about common sense? You could be fooled into thinking you are doing the right thing, when the best thing is to leave well alone.

**Scorpio** Oct. 24 - Nov. 22
You want to impress people who can help you realize your ambitions, but there is a danger you will go too far and say or do things that are so over the top they're counterproductive. Don't try so hard.

**Sagittarius** Nov. 23 - Dec. 21
Don't let unexpected events undermine your confidence, especially on the work front where a series of setbacks seems to have dented your morale.

**Capricorn** Dec. 22 - Jan. 20
Don't give away too much information today. The less others know about your plans the better — one of your friends has a very big mouth and could tip off your rivals.

**Aquarius** Jan. 21 - Feb. 19
Be wary of anyone whose attitude towards you goes from one extreme to the other. If they are that changeable in their affections then maybe it's best to keep them at arm's length.

**Pisces**
Feb. 20 - March 20
Your imagination is extremely powerful but there are times when it gets the better of you. The first step toward resolving your current problem is to stop worrying about it so much.

## CONCEPTIS SUDOKU by Dave Green

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